

TO YOUR HEALTH

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Soon to Be Released 2025-2030 Dietary Guidelines

By Cherie Asgeirsson, MS, RDN, LDN

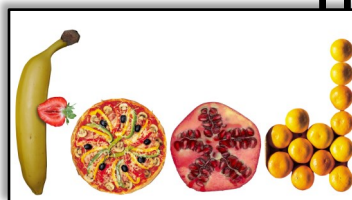
The Dietary Guidelines for Americans are updated every five years by the federal government, as mandated by law. The process involves establishment of the Dietary Guidelines Advisory Committee composed of nationally recognized experts in nutrition and health. This committee reviews current scientific and medical knowledge to provide independent, science-based advice and recommendations to the US departments of Health and Human Services (HHS) and Agriculture (USDA).

The 2025 committee expanded the scope of the previous 2020 committee to explore variability in dietary intakes, refine dietary patterns based on life stages, provide a customizable framework for individual needs, and incorporate a health equity lens.

This approach ensures the dietary guidelines are inclusive and relevant to diverse population groups, considering factors like socioeconomic position and cultural backgrounds.

The committee's work involves leveraging multiple sources of evidence, considering social, demographic and economic indicators, and using new analytical tools to ensure transparency and inclusivity. They also emphasize the importance of flexibility in dietary recommendations to promote adherence and improve health outcomes.

The scientific report by this committee is then open for public comment before it is submitted to HHS and USDA. Scientific report was just submitted February 8, 2025.



In the report there are similar recommendations to those made in previous iterations of the guidelines including limiting consumption of sugar-sweetened beverages and foods high in sodium and saturated fat. A big shift from prior reports has been to recommend reducing intake of red and processed meats and eating more plant-based sources of protein. The committee recommended mostly whole grains and lower refined grains.



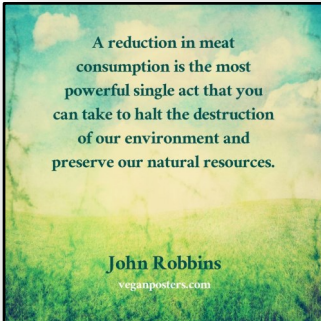
The committee recommends that adults and children consume smaller portions of food and beverages that are high in energy density and low in nutrient density. The report notably lacked recommendations

about ultra-processed food, alcohol, and dietary supplements. Given the importance of the 2025-2030 Dietary Guidelines in how it will shape nutrition policy in the new administration, it will be interesting to see how many of the recommendations are accepted by the newly appointed Secretary of HHS and FDA Commissioner.

The HHS and FDA will make the final decision on the recommendations they receive from the advisory committee.

It is generally expected that the recommendations of the committee will be accepted. However, when the HHS and FDA choose not to accept recommendations from the Dietary Advisory Committee, they are essentially overruling the expert scientific advice provided. It is always interesting to see what recommendations are accepted and what are not.

For instance, the meat industry has opposed the recommendation to reduce red meat consumption arguing that it



contradicts scientific evidence and is not practical. Industry groups often attempt to influence lawmakers when considering the Dietary Guidelines Advisory Committee recommendations by lobbying, providing research that supports

their interests and engaging with policymakers to shape the final guidelines in a way that benefits their products. Unfortunately, this potentially prioritizes profit over public health concerns, especially when it comes to regulating foods like sugary beverages, processed meats, and unhealthy fats.

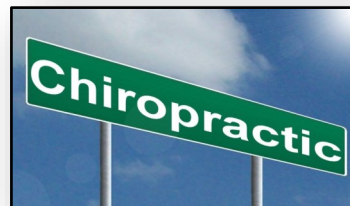
Explanation should be expected when they deviate from the committee's recommendations and provide evidence to support their alternative approach, but this does not always happen. I look forward to the new Dietary Guidelines and what recommendations are accepted.



CHIROPRACTIC AND BALANCE

By Dr. Robert Astapoveh

1 in every 4 older adults report falling every year according to the CDC. Aging is a natural part of life, and one of the things that is common and natural when it comes to aging, is to lose our sense of balance. Or is it? A person's balance is not only controlled by your inner ear; your nervous system, joints, and muscle function all play a role in helping with a person's balance. Chiropractic



treatments can help to restore optimal joint movement and function which in turn can help to facilitate a healthy

nervous system and healthy muscles as well. Balance loss doesn't have to be something inevitable and debilitating, it can be prevented! If you want to learn more about how Chiropractic care can help with balance, contact Dr. Robert Astapoveh in the Clinic.

Social Work Spotlight

By Maeve Lobo, LICSW

The Clinic has re-established most of the groups that were running last fall. Please refer to the Resident's Independent calendar for more details.

- We are looking for new members to join the **No-see-ums**. Anyone with visual impairment can participate in the group. The topic up for discussion in March will be Ageism and Vision Loss.
- In Conjunction with Llewsac Lodge, I will be facilitating a monthly group on "**The Power of Words**," open to everyone in the CWV community.
- **Navigating End of Life Transitions** is a quarterly group that will be held in April. Please contact me if you want more details.



Seeing AI

Seeing AI is an app (application) developed by Microsoft and is available for free from the App Store. Essentially, it is a talking camera. While designed for the blind and low vision community it can be accessed by any individual who struggles with reading small print. The app is compatible with Android and iPhones. Try it out sometime!

